

# MANDATORY FITNESS CENTER GUIDELINES

## Hours of Operation

5:00am – 10:00pm | Seven days per week.

First come, first serve (no reservations needed).

1. READ SYMPTOM CHECKLIST – IF UNCERTAIN ABOUT YOUR CONDITION, STAY HOME.
2. GUESTS MUST BE ACCOMPANIED BY MEMBER. NO OUTSIDE PERSONAL TRAINERS.
3. SOCIAL DISTANCING AT ALL TIMES.
4. BRING TOWEL TO REDUCE EXPOSURE THROUGH PERSPIRATION.
5. NO CIRCUIT TRAINING. KEEP TO ONE AREA OR MACHINE AT A TIME.
6. NO MATS, BANDS OR ACCESSORIES WILL BE PROVIDED.
7. TOTAL TIME LIMIT 60 MINUTES.
8. **WIPE DOWN EVERYTHING BEFORE AND AFTER USE.**

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## Questions?

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